



# Rainbow Trout

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The Rainbow Trout (*Oncorhynchus mykiss*) is a member of the Salmon family (*Oncorhynchus*). It is rated one of the top five sport fish in North America because of the hard fight they give.

All Rainbow Trout sold domestically in the United States are farmed and trout represents the oldest aquaculture industry in North America. Seventy percent of the trout raised in the United States are from Idaho. The name Rainbow Trout refers to the freshwater fish. Steelhead Trout, the anadromous variety, should not be confused with the Freshwater Rainbow Trout of the same species.

Monterey Bay Aquarium Seafood WATCH® rates Rainbow Trout farmed in the US as a "Best Choice" as it is "farmed in an ecologically responsible manner." Rainbow trout farmed in recirculating aquaculture systems around the world is rated a "Best Choice." Marine net pen farmed Rainbow Trout from Chile is rated "Good Alternative."

## Sources

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*Species Name*  
Oncorhynchus mykiss



*Source*  
Rainbow Trout is aquacultured in Argentina, Canada, Chile, Eastern Europe, Japan, and South Africa. Most fresh Rainbow Trout is produced in Idaho's Snake River Valley where there is an abundance of clear, highly oxygenated, 58 degrees quality water, which is ideal for trout aquaculture. Frozen Rainbow Trout is produced in Idaho but increasing amounts are being imported from South American Countries.



*Seasonality*  
Farm-raised Rainbow Trout is available nationwide fresh and frozen year round.



*Fishing Method*  
Approximately 95 percent of Rainbow Trout consumed in the United States is farm-raised; the rest is recreationally caught in the wild.

## Features

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### *Flavor*

The meat of Rainbow Trout is mild with a delicate, nut-like flavor.



### *Dietary Information*

Rainbow Trout is a smart choice for health-conscious consumers.

Per 3.5oz (100g) raw portion:

Calories 141

Fat 6.18g

Saturated Fat 1.383g

Protein 19.94g

Sodium 51mg

Selenium 23.6mcg

Cholesterol 59mg

Omega-3 0.986g

Source: USDA



### *Appearance*

Flesh is tender, flaky and soft, the color ranging between white, pink and orange. When cooked, the meat will have a delicate flake and the color will be cream to white.



### *Form*

Rainbow Trout is sold both fresh and frozen in a variety of forms: dressed, boned, headless boned, natural fillet, and guaranteed boneless portions. Many additional value added products that simplify cooking preparation include: Pecan crusted boneless trout fillet, Parmesan Crusted Boneless trout fillet, Lemon Herb glazed boneless fillet and Smoked Fillets.

## Uses

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### *Preparation*

Whether baked, broiled, grilled, poached, sautéed, or smoked, Rainbow Trout is delicious. Bake at 400 degrees for 10 minutes per inch of thickness.



### *Substitution*

Good substitutes for Rainbow Trout are Arctic Char, Atlantic Salmon, or a variety of Soles for their similar texture and mild flavor.



### *Handling*

Fresh Rainbow Trout should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice a Rainbow Trout fillet or a whole Trout that has had the bones removed. Filleted or deboned product should be stored in a sealed plastic container and surrounded with ice.

## Market

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### *Sizes and Cuts*

Many portion controlled sizes are available from 4-16 ounces. There are also many value added options as well.



### *Pricing Scale*

Rainbow Trout is very reasonably priced. Pricing is very steady all year. Imported fish are generally less expensive than domestic.

Please contact your Seattle Fish Company of New Mexico associate for up-to-date market information and current pricing.



### *Shelf Life*

Fresh Rainbow Trout should be used 3-4 days. Frozen trout may be kept frozen for 7-9 months, use within 2-3 days from date of thaw. Do not refreeze.

<b>Market Names</b>
Rainbow Trout, Trout
<b>Where Caught</b>
Farm Raised: US, Argentina, Canada, Chile, Eastern Europe, Japan, and South Africa.
<b>How Caught</b>
Farm Raised. Monterey Bay Aquarium Seafood WATCH® states “Rainbow is a “Best Choice”.”

